

COPorcupineMeatballs/BrownGravy45

Number of Servings: 45 (167.65 g per serving)

Amount	Measure	Ingredient
6 3/4	oz	Margarine, 80% fat, unsalted, stick
2 1/2	tsp	Spice, onion, pwd
1 1/4	tsp	Spice, pepper, black
2 1/2	tsp	Herb, marjoram, leaves, ground
1 1/4	tsp	Herb, thyme, ground
2 1/2	cup	Flour, all purpose, white, bleached, enrich
2 1/2	qt	Broth, beef, clear, rducd sodium, rts, cnd
9.00	lb	Beef, ground, hamburger, raw, 5% fat
2 1/2	cup	Onion, white, fresh, chpd
3.00	cup	Rice, white, long grain, enrich, dry
1 1/2	Tbs	Spice, pepper, white

Nutrients per serving

Nutrition Facts		
Serving Size (168g)		
Servings Per Container		
Amount Per Serving		
Calories 230	Calories from Fat 70	
% Daily Value*		
Total Fat 8g		12%
Saturated Fat 2.5g		13%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 160mg		7%
Total Carbohydrate 17g		6%
Dietary Fiber 1g		4%
Sugars 1g		
Protein 22g		
Vitamin A 4%	Vitamin C 2%	
Calcium 2%	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Saturated Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300 mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Instructions

PREPARE BROWN GRAVY TO SERVE WITH MEATBALLS (first 7 ingredients):

Melt margarine. Stir in spices and flour. Cook, stirring occasionally, until mixture is lightly browned. Gradually stir in broth.

Cook stirring constantly until thickened.

Serve 2 oz (1/4 cup) per serving

1 serving = 0 CS unless more than 1/4 cup is served.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Mix ground beef, onions, uncooked rice and pepper. Form mixture into 4 oz meatballs using a #8 scoop (weigh one meatball when forming to determine if roundness of scoop is needed to = 4 oz).

Place onto lined sheet pans and bake at 350 degrees F for one hour and until meatballs reach an internal temperature of 160 degrees F. Combine meatballs with Brown Gravy prepared for the same # servings as the yield of the Porcupine Meatballs recipe being prepared.

1 serving = 1 meatball served covered with/served with ~2 oz gravy = 1 CS

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